

# MISSION FITNESS

## PRIVATE TRAINING

your goals...our expertise.

### [WHAT TO EXPECT]

CUSTOM PROGRAM SUPPORTING YOUR UNIQUE GOALS

INITIAL ASSESSMENT + CUSTOMIZED PLAN

ATTENTION TO PROPER FORM + FUNCTION

ACCOUNTABILITY + MOTIVATION + SUPPORT

### [PRIVATE + SEMI-PRIVATE TRAINING]

#### PRIVATE SESSIONS [60]

*single*

*five*

*ten*

M | NM

70 | 80

300 | 400

550 | 650

#### DUET SESSIONS [60]

*single*

*five*

*ten*

M | NM

35 | 45

175 | 275

300 | 400

#### PRIVATE SESSIONS [30]

*single*

*five*

*ten*

M | NM

40 | 50

175 | 225

325 | 425

#### SEMI-PRIVATE 3+ [60]

*single*

*six*

*twelve*

M | NM

30 | 40

150 | 250

275 | 375

[3 month expiration on all packages]